

# Fall / Early Winter SEA LIONS 2025

**STARTS: Monday September 8<sup>th</sup>, 2025**

**ENDS: December 18<sup>th</sup>**



**No practice: October 13<sup>th</sup> & November 26-29**

## Sea Lions Swim Team Information

### Program Groups:

**GROUP 1:** These swimmers have been introduced to freestyle and backstroke and have knowledge of breaststroke and butterfly. This group will focus on competitive swimming terminology, endurance, and start/turn education. Swimmers in this group must be able to swim 50 yards in both freestyle and backstroke. This is an excellent introduction for those interested in joining a team.

**GROUP 2:** These swimmers are skilled in all strokes and will continue to refine their technique. Practices will be geared toward endurance, sprinting, turns and achieving personal best in time and technique. Swimmers in Sea Lions Group 2 are skilled in all areas of competition, and will work on perfecting strokes, pacing, and racing strategies.

### TRY OUTS:

#### PLEASE READ CAREFULLY:

Current Sea Lions do not need to try out. New swimmers interested in joining the team **must** make an appointment to have their skills assessed and complete a formal try-out. Please email [cgarciawedge@salemdbgcs.org](mailto:cgarciawedge@salemdbgcs.org) to set up an appointment.

### Practices:

<u>Group 1:</u>	\$540	MON/WED/THURS	5:00PM – 6:00PM
<u>Group 2:</u>	\$580	MON/WED/THURS	6:00PM - 7:30PM

### How to Sign Up:

REGISTRATION DOES NOT ROLL OVER FROM SESSION TO SESSION, IS SUBJECT TO AVAILABILITY, AND NOT CONSIDERED COMPLETE UNTIL SWIMMERS ARE REGISTERED AND PAYMENT HAS BEEN MADE.

Please go to:

<https://online.traxsolutions.com/salembgc/main>

We have returned to our former platform this month; you may have to create your parent portal in Traxsolutions.

*Financial Aid is available to qualified applicants – application ([www.salembgc.org/registration](http://www.salembgc.org/registration)), Tax Form 1040, 2 recent pay stubs, and \$30 program deposit fee required upon registration if applying. Financial assistance paperwork ONLY can be emailed to [SDevine@salembgc.org](mailto:SDevine@salembgc.org) once completed in its entirety.*

\*\*\*MONTHLY PAYMENTS ARE AVAILABLE, PLEASE EMAIL Christina Garcia-Wedge and cc Sue Ann Devine to arrange;

[cgarcia-wedge@salembgc.org](mailto:cgarcia-wedge@salembgc.org) and [sdevine@salembgc.org](mailto:sdevine@salembgc.org)

### **Meets:**

The team will be competing in our winter league, the N.E.N.E.A.P.C Boys and Girls Club league. Meet schedules and league information will come out middle to end of September / early October.

### **Safety Guidelines:**

- Locker rooms will be available for changing and restroom usage only – the use of hair dryers are prohibited. It is preferred that swimmers wear their swimsuit to practice under their clothing.
- All swimmers should wear flip-flops or crocs on the pool deck.
- Attendance will be taken.
- Swimmers must bring their own water bottle.
- All swimmers will **enter and exit through the glass pool doors** by the outside basketball courts near the rear parking lot.
- Parents and guardians are not permitted to use the locker rooms. Bathroom usage is available in the middle single stall.